

Northeast Voice

Serving the community leagues of Evansdale, Kilkenny, McLeod & Steele Heights

March 2015

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Northeast Voice

is published ten times a year by Calder Publications on behalf of the community leagues of Evansdale, Kilkenny, McLeod & Steele Heights.

Editorial content is the responsibility of the community leagues.

Advertising

To place an advertisement in *Northeast Voice*, please phone 780-434-9732 or visit

www.communityleagueneews.com

Canada Post Delivery

Northeast Voice is delivered by Canada Post as a Total Points of Call mailing. For concerns about mail delivery please phone 780-434-9732.

Steele Heights York Community League 2015 Outdoor Soccer Registration

The exciting new 2015 outdoor soccer season is almost here. Soccer registration for U4 to U12 age groups takes place until early April.

Place: Steele Heights/York Hall, 5825 – 140 Ave
Time: 6 to 9 pm

When: Every other Sunday:

March 1
March 15
March 22
April 5

Estimated cost of soccer 2015 fees per child:

U4 – 2011, 2012 birth years - \$65
U6 – 2009, 2010 birth years - \$110
U8 – 2007, 2008 birth years - \$110
U10 – 2005, 2006 birth years - \$130
U12 – 2003, 2004 birth years - \$150

Fees include a uniform (socks, shorts, shirt). Members will have to provide their own shin pads and shoes. Cleats are not required for U4 and U6.

Final cost will be posted on the website in early February – www.steeleheightscommunity.com

Cash, cheque, money orders or certified cheques are accepted. Community league memberships will be sold during registration times. League memberships are required in order to sign up.

U14, U16 and U18 team members will be transferred to other communities to play.



Kilkenny

Outdoor, Spring Sports, Registration dates:

Wednesday Mar 4, 6:30 p.m. to 9:00 p.m.

Saturday Mar 7, 10:00 a.m. to 2:00 p.m.

McLeod Sports Registration

McLeod's spring sports registration, which is always one of our busiest events, will be March 4th, and March 11th. These are all Wednesdays from 6pm to 9pm. For details about your particular sport(s), please see the articles about soccer, baseball, and softball in this issue of the Northeast News.

Evansdale Spring Soccer Registration

Evansdale soccer registration will take place at the Evansdale Hall on the following dates:

- **March 5, 2015 from 6pm to 9pm**
- **March 7, 2015 from 10am to 3pm**
- **March 12, 2015 from 6pm to 9pm**

Evansdale will be looking for volunteers to help out at registration time and for coaches for the outdoor season. Coaching a soccer team is rewarding and a lot of fun. If you are interested please send an email to the soccer director Moe Taha at soccer@evansdale.ca or to Shawna, the president for other volunteer sign up, president@evansdale.ca. Evansdale soccer would like to thank all of our indoor coaches for doing such a great job and I look forward to working with all of you during the upcoming outdoor season. A special thanks to our U16 boys coaches Alicia Walkley, Ryan Mulveney and Alicia's employer. Alicia worked on getting our soccer program a donation from her employer and was successful.

Thanks

Moe Taha

Evansdale Soccer Director

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Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: www.evansdale.ca

Shawna Walsh	President	780-237-2169	president@evansdale.ca
<i>Vacant-volunteer today!</i>	Vice President		vicepresident@evansdale.ca
Jeff Muiselaar	Past President	780-478-1759	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Moe Taha	Soccer Director		soccer@evansdale.ca
<i>Vacant-volunteer today!</i>	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Cindy Hoekstra	Secretary	780-472-6559	secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Richard Halls	Hockey Director	780-406-2885	hockey@evansdale.ca
Rhesa Palapay	Bingo Director		bingomanager@evansdale.ca
Jeff Muiselaar	Buildings & Grounds		
Jenny Park	Newsletter & Social Media		newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole	Belle Rive Sign Volunteer		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
Nicole	Poplar Park Sign Volunteer		signs@evansdale.ca
Sherri Bessette	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
<i>Vacant-volunteer today!</i>	Program Director		programs@evansdale.ca
	Skating Rink	780-478-2577	

Hall Rental Information

Evansdale Hall 9111 150 Ave.



Evansdale Hall is a beautiful facility at 9111 150 Avenue. For more information visit our Hall Rentals page at www.evansdale.ca

Weekend rates:

Friday 12noon to Sunday 3pm

\$500 damage deposit

\$550 rental

Saturday/Sunday

\$400 damage deposit

\$425 rental

Monday – Friday

\$275 damage deposit

\$275 rental (\$150 members)

Use of dishes: \$100

Meetings: \$35/hour

References may be requested. Discounts available for community members of one year or more. Contact Teri at 780-478-4444 or hallrentals@evansdale.ca

Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community! Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall rentals, and enjoy skating in the winter!

- \$25 family
- \$10 single
- \$10 seniors
- \$15 single parent
- \$15 couple with no children

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a message with your name and phone number. Or if you are in a rush you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Benefits of Community League Membership

- Free community league swims:
 - o Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - o Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - o O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm
- Discount on City of Edmonton annual wellness passes
- Hall rental discount
- Discounts for community league events and programs
- Play community sports such as soccer
- Receive emails of upcoming community events and programs

Volunteer today! Make a difference.

Evansdale Community League is a non-profit organization run by volunteers who live in the neighborhoods served by the league- Evansdale, Belle Rive, and Eaux Claires. Evansdale is still searching for new volunteers to serve their community. The time commitment is relatively small but the impact on our community is huge. We are seeking volunteers to fill the following positions:

- Children's Programming Director
- Social Media Director
- Treasurer

The Community League meets on the second Tuesday of each month at 7pm at Evansdale Hall at 9111 150 Avenue. Drop in – ask questions – get information – provide input – GET INVOLVED. You will be glad you did! For more information on volunteering opportunities please contact our president Shawna Walsh president@evansdale.ca

Are you a Snow Angel?

What is a Snow Angel? It may not be the first thing you think of, but the people who volunteer to shovel their neighbors snowy drives and sidewalks really are angels.

The City of Edmonton Snow Angels program recognizes those volunteers as a City of Edmonton Snow Angel. If you have a Snow Angel you would like to nominate, please visit http://www.edmonton.ca/programs_services/recognition_awards/snow-angels.aspx and fill in the form on the website.

As a special thank you for this community service, Snow Angels receive official recognition by the Mayor, tickets to an Edmonton Oil Kings game and are automatically entered to win great prizes.



Spotlight on City of Edmonton Bylaws

It's an owners worst nightmare, your pet escapes your fenced yard or dashes out the door and just like that they are lost. Pet licenses save animal lives, helping animal control officers identify the owner of a lost pet.

All dogs and cats six months or older must have a valid pet licence and tags, so the city can contact you if your pet gets lost. This applies to indoor and outdoor pets. Remember to keep your contact information up to date; this ensures the City can contact you if your pet is found. Getting your pet microchipped or tattooed are also great ways to make sure the city can contact you, but nothing is a substitute for a licence.

Licences are affordable and available online, by mail, by fax, or in person. Please note, pet licenses expire every year and therefore must be renewed.

If you are found to have an unlicensed animal by the city, the fine is \$250 per pet.

Evansdale.ca

Visit Our Website and Facebook Page

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!

Website: www.evansdale.ca

Facebook Page: www.facebook.com/evansdale-communityleague

Benefits of Community League Membership

- Free community league swims:
 - Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
 - Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
 - O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm
- Discount on City of Edmonton annual wellness passes
- Hall rental discount
- Skate tags for free skating on Edmonton's League Outdoor rinks
- Discounts for community league events and programs
- Play community sports such as soccer
- Receive emails of upcoming community events and programs
- A voice and a vote on community issues

Evansdale AGM is March 7th, Come see our new facility!

Message from the President

Hello Everyone,

I hope you are all enjoying this wonderful winter season. Kilkenny once again ran the Stan Ganter Outdoor Hockey Tournament, which was a huge success. Thank you to all the volunteers who were so understanding when some of the games had to be rescheduled due to the warm weather. The ice on our new rinks are great, it's so much easier to flood level areas. Thank you to Jeff and the rest of the crew for all your hard work. If you don't have any skates you can still skate at Evansdale. Simply exchange your boots in for a pair of skates and a helmet – of course you will get your boots back when you return the skates. After skating, enjoy a hot chocolate in our new sports building.

Outdoor Soccer Registration - Don't forget to mark February 26, March 5 & 7 on your calendar for soccer registration – yes it is that time of the year already! The volunteer requirement for the outdoor season is 2/ child registered. Unfortunately, there is only bingo dates to choose from as we do not have an event organizer. So, if you would like to volunteer for this position please contact Shawna to discuss the details (president@evansdale.ca). And, if you have any questions about soccer registration please contact Moe at soccer@evansdale.ca.

After 5 years of hard work, Eaux Claires playground is finally completed. There will be a grand opening ceremony this spring. We are all very excited about seeing many, many, many children enjoying this new playground. Thank you very much to Sheri, Cindy, Trish and Nicole for giving our children a safe place to play.

Area 17 successfully completed its casino on January 23 and 24 – thank you to all the volunteers from Evansdale/Belle Rive/Eaux Claires, Kilkenny, Steel Heights, Northmount, Londonderry, McLeod and Lago Lindo. It is always fun meeting new parents from our neighbouring communities.

Our AGM will be Saturday, March 7 at 4pm in our new building (beside the community hall). All members from Eaux Claires, Belle Rive and Evansdale are invited. If you do not have a membership you can purchase one at the AGM. If you are interested in volunteering on the Executive as Treasurer or Event organizer please contact Shawna (president@evansdale.ca).

*Cheers,
Shawna Walsh, President*

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

Come skate at Evansdale

Evansdale's free learn to skate program was offered with the City every Tuesday until Feb. 10. If you missed the program you can still try our free skates and sticks at Evansdale rink. Some unseasonably warm weather cut into the skating season in January, but we're back in business again at Evansdale's new all-season sports facility and skating rink.

Skating hours:

Monday – Friday: 6 – 9 pm

Saturday: 12 – 9 pm

Sunday: 12 – 6 pm

Please call 780 478-2577 for updated information on the Evansdale Rinks.

David Dodge, Director of Sustainability

Jeff Muiselaar, Buildings and Grounds Director, with equipment generously purchased by City of Edmonton for the free drop-in Learn to Skate Program.



Evansdale's new all-season sports facility, affectionately known as the "rink shack."



Two young ladies try out the fresh ice when the cold weather returned in January.



Jeff Muiselaar in his new lair (the concession) at the new, spacious Evansdale facility.



U14 Soccer boys win big at the Polar Cup Tourney

Our Evansdale U14 boys, gold medalists in the Polar Cup Tournament. Many thanks to the team coaches, Moe Taha, Greg Brian and Jarvis Malone for your hard work in bringing home the gold!



I would like to thank all the coaches and volunteers that helped make the indoor season a great one. We hope to see everyone come back for the outdoor season. Evansdale is looking for volunteer soccer coaches. If you are interested, please contact Moe Taha at soccer@evansdale.com or come by the Evansdale hall on outdoor registration days:

Mar 5th, 6-9pm

Mar 7th, 10am-3pm

Moe Taha, Evansdale Soccer Director

Edmonton Police Alarm Green Stickers

We've noticed that a number of people have alarm company stickers by their front door, but no green Edmonton Police Permit Number sticker. Police will NOT respond to non-permitted, non monitored alarms unless a indication of criminal activity is present. Make sure you register your alarm with the Police. For more information go to <http://www.edmontonpolice.ca/alarmpermits>

Poplar Park Playground update

A big thank you to everyone who purchased tickets for the Family Fun Basket. We raised \$625 in our one night raffle at Florence Hallock School's Demonstration of Learning. A big hanks to ATB Namao, West's Sports Cards, Famoso, Subway, and LZ Trampoline for providing the Oiler's tickets and prizes for the basket. Poplar Park Playground Famoso Day

The Poplar Park Playground committee presents Famoso Day coming up on March 1. For every pizza bought on March 1 at Famoso Namao Centre, \$2 will be donated to Poplar Park Playground!

We were recently successful in landing a \$30,000 tire grant which is provided to support the rubber play surface that will be used in the playground. We are still awaiting word on part II of a CFEP grant and are ever so close to our fundraising goal of \$735,000! Please check our Facebook page or the Evansdale Community League website for updates on fundraisers. You can also email us at: poplarparkplayground@evansdale.ca if you have any questions, comments or want to help out as we head into the home stretch! David Dodge, Director of Sustainability



Get Fit at Evansdale Hall

Did you know that you don't have to travel far or buy an expensive membership to get in shape for summer? Just drop by Evansdale Hall to get moving and feeling great. Although you can join the classes at any time, the current session ends March 23rd and the next session runs from April 13 - June 22. The fitness classes available include:

Ladies Boot Camp - Mondays, 7:30-8:15pm

Offering a great head-to-toe workout, this program has it all - strength, cardiovascular conditioning, agility, flexibility and balance - plus lots of variety to alleviate work-out boredom. Fun, supportive, non-competitive environment offering options to suit all fitness levels. Please bring a mat and water. \$110 for 10 weeks or \$13/class for drop-in.

Zumba - Wednesdays, 7:15-8:15pm

Party your way into shape and move to hot Latin beats with this exhilarating, effective dance-based cardio workout - shake, shake shrink! Please bring water. \$110 for 10 weeks or \$13/class for drop-in.

Gentle Yoga - Thursdays, 7:30-8:30pm

Relax and let go of your day while gently stretching and strengthening the body, improving balance and posture, and reducing stress with this gentle Hatha yoga style class. Suitable for all levels. Please bring a mat and water. \$110 for 10 weeks or \$13/class for drop-in.

Beginner Belly Dance - Wednesdays, 6:00-7:00pm

Shimmy and shake your way into shape while learning the beautiful art of Belly Dance, and having a great time! No previous dance experience required. Please bring water. \$110 for 10 weeks or \$13/class for drop-in.

To register or for more information call or text Tracey at 780-264-0706, email aldiya@aldiya.com, or visit www.evansdale.ca for information about registering.

First Place Home Project on former school site in Poplar Park

The City is planning housing in the southwest corner (see map) of Poplar Park on the surplus school site. The Belle Rive site was one of 18 surplus school sites earmarked for the program 4-5 years ago when the City, with support from Alberta Municipal Affairs, rezoned a dozen or so surplus school sites to be used in the First Time Homeowners Program. At the time, Evansdale Community League unsuccessfully argued that the surplus school land should be added to parkland.

The development will be town homes for first time homeowners who have a family income of under \$117,000. This is market housing, except that first time purchasers do not have to pay for the land until they have been in the home for five years, thus lowering the qualifying requirements.

The project is being developed by Rohit Communities and input is being sought through a series of 3-4 meetings starting with an open house coming up very soon, most likely in April, and probably at Florence Hallock School. (Check www.evansdale.ca for dates). The site will accommodate up to 65 units depending on the final design and the city and the developer are looking for 6-8 people from the community to participate in the design process.

Soil testing for the site will begin in the first week of March with construction planned for 2016-17. The city and the developer are looking for input on the design of both the project and the site.

Watch for signs in the area announcing the date for the open house and check in with the Evansdale.ca website for further updates. David Dodge, Director of Sustainability



Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?

The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- www.edmonton.ca/lap
- 780-496-4918
- 14th floor, 10004 - 104 Avenue, Monday-Friday, 8:30am-4:30pm

Shawna: president@evansdale.ca

Kilkenny Community League News

Stan Gantor Memorial Tournament



I asked the current President for Kilkenny if she could give me a few words about Alex, the gentleman in the middle with his wife and friends beside him. She replied, "Alex? That is a hard one... he has been with the hall since the beginning. He has just always been there. He was always there to help when I first joined the executive 14 years ago. He cares about our community." He is also the man our rinks are named after!

Another Stan Gantor tournament has been completed and so the rink staff at Kilkenny community League can relax once again. While parents cleared the ice between games and rink staff made repairs, the ice was ready for skating, having as many as 16 games in a day! Mother Nature also decided to give us a challenge by changing the weather on us, but we prevailed. Between the hot and cold there was not a day that flooding did not happen, even when it was warm. It was a challenging time to host an outdoor tournament, but we are proud to say that we made it happen!

There were many spectators that came out to watch; family and friends of the players, community members and also Mrs. Gantor, City councillor Dave Loken, and the many local representatives.

Thank you to everyone who contributed to the success of the tournament. All of the volunteers that devote so much time to this tournament, not only during the 10 days that it's running, but to the planning committee that works all year long inviting teams, getting donations, planning the schedule. This tournament would not be what it is without your passion and commitment! Thank you everyone who was able to donate this year, sponsoring a team or contributing items to the gift bags. Your generosity is appreciated!

With the success of this year's tournament there is a hope that we will be able to continue this tradition for many more years to come. Hopefully the weather will cooperate next year, but Mother Nature will probably keep us on our toes once again as she has done in the past.

*Vitor
Kilkenny Vice-President*

John Barnett School

Parent Information, Kindergarten, Open House

Tuesday, March 24, 2015

6:00 pm to 7:00 pm

14840 72 Street

Phone: 780-478-1351

Please come to our Kindergarten Open House to find out about the kindergarten program. We are committed to creating a high quality learning environment for every student and would welcome any questions you have.

President's Message:

This New Year has definitely started off busy! Two months have gone by already and through rain, snow, sleet, and melting conditions- we have succeeded. Due to the variation in weather the Stan Gantor Memorial tournament was delayed and ran longer than originally scheduled. To all of those members close to the hall we thank you for your patience. The players and parents had a wonderful time.

With one soccer season at an end we prepare for our outdoor sports season. Registration is coming up SOON- please check the website and newsletter for updates. The Kilkenny Community League is turning 45 this year!! Please watch the signs and websites for upcoming birthday party events!

Thank you to all the families who came out to have free pancakes, sleigh rides, and skating for our Family Day Event on Sunday the 15th. Thank you to Peter Sandhu for his contribution towards the breakfast.

Outdoor Sports Registration dates:

Soccer and Baseball

Feb 26th 6:30-9:00 p.m.

March 4th 6:30-9:00 p.m.

March 7th 10:00 a.m.-2:00 p.m.

Please visit our website for new and revised policies

Kilkenny Rink Information:

Rink Schedule: (Weather permitting)

Monday to Friday 5:00 p.m. to 9:00 pm

Saturday and Sunday, 12(noon) – 5:00 p.m.

If the lights are on and music is playing; we are open!!

Parents please ensure all kids are dressed appropriately and have their skates tied properly.

We have some skates and helmets available to borrow while using our rinks only. Hockey helmets are mandatory for anyone 16 and under while playing hockey. Helmets are strongly recommended for all public skaters-especially those just learning. We continue to accept donations of gently used skates and equipment. Items can be donated at the rink shack.

J.A.Fife School Wants Your Electronics!!

J.A.Fife Elementary School will be having their Annual Electronic Recycling Fundraiser starting February 26th, 2015. The metal cages will be located outside the main doors of the school at 15004-76 street. What can be recycled: small kitchen appliances, audio and video equipment, televisions, personal care items (shavers, hair dryers), other electrical household tools (vacuums, irons), electrical power tools, telephones, cell phones, computers and their components, office equipment, specialty equipment containing electrical motors, switches, etc. Dispose of your electronics in an eco-friendly way and help out a local school. Watch for more details on school signs or call the school at 780-476-0775.

Kilkenny Playschool- Ready! Set! Grow!

We are growing too!! We are making some exciting new changes to our program for the 2015/2016 school year! Come and find out more at the spring open-house, at Kilkenny Community Hall, 14910-72 street Wednesday the 15th of April at 7:00 p.m. Let your child make friends, gain confidence and learn kindergarten readiness skills. They will have fun while learning! Parent involvement is required. For more information go to our NEW web page www.kilkennyplayschool.wix.com/kilkennyplayschool or call 587-590-6204 or email kilkennyplayschool@hotmail.com



Dad, Simon with kids; Laine and Ty enjoying the weather and some skating during the Family Day Celebrations at Kilkenny Community Hall on Sunday the 15th of February.

Are Coyotes a Problem in Your Area

To help prevent conflicts with coyotes

- Do not feed coyotes
- Do not leave garbage out (take it out only on the morning of collection)
- Do not leave fallen fruit from trees or bird seed spilled from feeders on the ground
- Do not leave pet food outside
- Do not walk your dog off leash in areas frequented by coyotes
- Do not leave a small dog out in the yard unattended for long periods of time
- Do not leave cats out roaming

For more information on coyotes and tips to follow when you encounter a coyote, call the Edmonton Coyote Information Hotline at 780-644-5744 or visit:

- www.edmonton.ca/coyotes
- www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx
- www.edmontonurbancoyotes.ca

To report a problem coyote(s), call:

- City of Edmonton Park Rangers at 780-496-2950, or
 - Alberta Fish and Wildlife at 780-427-3574
- If someone is in danger, call Emergency 9-1-1.

Your Neighborhood and You!

graffiti During the warmer weather periods this winter there has been noticeable graffiti happening in the Kilkenny area. This is NOT to be taken lightly and is not merely the work of some kids making poor choices. This sort of graffiti is used by gangs to mark territories. Bandanas or other materials tied onto sign posts etc. may also be markings of gang activities. Any suspicious behaviors; strange vehicles parked for long lengths of time, unfamiliar vehicles appearing the same time each night, loud noises coming from a group of people in the field or park, should all be reported. You may prevent a crime from happening- you could prevent a crime happening at your neighbors!

Graffiti – taken from the Edmonton Police Services website

Graffiti vandalism is any inscription, slogan, drawing, etc., scratched, scribbled or drawn, often in spray paint, on public or private property without permission.

The graffiti in Edmonton is a blend of "hip hop graffiti", which is when a vandal or tagger paints their respective tag name in an effort to cause damage to gain fame within the graffiti sub-culture. These vandals will usually tag with a crew represented by three letters often painted with their tag name.

Gang graffiti accounts for less than three per cent of graffiti in the City of Edmonton.

Graffiti vandalism is the most visible and prominent crime in a neighbourhood, making it appear unsafe. The Broken Windows theory tells us that the appearance of disorder will attract and cause more disorder and the escalation of crime.

When you come across graffiti, remember the "3 Rs":

Record

If you have been victimized by graffiti vandalism you need to record it for evidence and insurance purposes. Take photos of the vandalized area and record when it occurred. This information will be required when you report it.

Report

Graffiti In Progress - If someone views graffiti in progress they should contact 911.

Property Owners - If a property owner discovers graffiti on their property they should contact Police at 780-423-4567. Or, report the incident to a community or divisional station.

Citizen Complaints - All citizens are encouraged to call the City of Edmonton at 311 to report graffiti on public and private property whenever it is spotted.

Remove

Property owners who fail to remove graffiti within a reasonable time may be fined \$250 (effective April 1, 2008). Where a graffiti complaint is not voluntarily removed, a property owner may receive a fine. It's important to send graffiti offenders the message that graffiti will promptly be removed from your property.

Communities vs Gangs -taken from the Edmonton Police Services website

- Street gang prevention/intervention cannot be assigned as the sole responsibility of any one service agency.
- Gangs are not just a police problem, a school problem, or a family problem.
- Cooperation between parents, police, the community, and government officials are proving to be the most effective.
- Collaborative prevention/intervention efforts are likely to be more effective if they are initiated when the signs of gang activity first appear.
- Remember that prevention is the key to controlling gang activity
- Everyone and every community can work on solutions to gang activity
- Effective anti-gang efforts begin with partnerships among parents, schools, law enforcement, religious institutions, community organizations, businesses, and youth.



McLeod News

McLeod is a Member of the Castledowns Bingo Association

Castledowns Bingo is the facility in which we hold bingos to raise funds for community league events and hall maintenance. Without a steady source of revenue, McLeod would not be able to provide the community with free family movie nights and other free festivities. Did you know that there is a lounge inside the bingo hall that is available for party bookings? Jesters also has cosmic bingo, darts, pool, VLTs, karaoke, and crib. Please go to their website for more information: <http://www.jesters-lounge.com>.



McLeod Needs Volunteers

Positions that still need to be filled on the 2014-2015 McLeod Board of Directors are Membership Director, Sports Director, Grants Director, Volunteer Director, and McLeod Community Director. Please contact Jason at secretary@mcleodcommunityleague.ca.

Volunteers can also help to run specific events. Our movie nights, drama club, dance club, soccer, baseball, softball, walkable/bikeable, and other programs are all run by volunteers. If you have an idea for a program that you could run, or you want to be involved in these programs, we would love to hear from you!

Childhood Immunizations

New Alberta website launches

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

McLeod President's Message

As the new Clareview Recreation Centre has opened, I have received a number of inquiries about McLeod Community League members having access. Currently, members have free community league swims (upon presentation of a current membership card) at three City pools: Londonderry, O'Leary and Grand Trunk. McLeod is one of seven community leagues that belong to Area 17 Council. The Council pays for these swims at a cost of \$75.00 per hour per pool. The Clareview Recreation Centre costs \$212.00 per hour, almost triple the cost of the current pools. The cost includes full access to all the Centre's amenities, which is why it is higher than the City pools.

I brought the idea forward to the Council and it was decided that we would maintain the three pools we have rather than replacing one of the pools with Clareview Recreation Centre access.

I have looked into whether McLeod can afford this on our own. One month of two-hour swims is almost \$1,700 and over a year, we would need to budget over \$20,000 for this. Perhaps McLeod will be able to join with some other leagues nearby to lower the cost. I will continue to explore this with the City.

In the meantime, take advantage of the free swimming that your membership card offers. If you do not have one, please contact membership@mcleodcommunityleague.ca or purchase one online at <http://www.efcl.org/membership>.

In the summer of 2014, your McLeod Board of Directors voted in favour of paying for member access to outdoor swimming pools: Fred Broadstock, Oliver, Queen Elizabeth, and Mill Creek. Did you take advantage of the free outdoor swimming? Would you be interested in this option again this year? Email me at president@mcleodcommunityleague.ca and let me know your thoughts.

Yours truly,
Leanne Rosinski

McLeod Upcoming Events

March

4: Second Sports Registration Day
11: Final Sports Registration Day
20: Movie Night

April

24: Movie Night

May

8: Movie Night



McLeod Launches Steering Committee for Community Facility Project

McLeod Community League is sponsoring a steering committee that will work towards the construction of a Community League facility in either Hollick-Kenyon or Matt Berry. The steering committee will meet approximately monthly. Tasks will include a needs survey, working with the city on zoning issues, budgeting, working with project managers, and fundraising. If you are interested, please e-mail Jason at secretary@mcleodcommunityleague.ca





**WELCOMING
Men and Women 45-80+
SLO-PITCH PLAYERS**

Online REGISTRATION
Deadline March 31st
info@esspa.ca

AIRWAYS PARK
113 St and 113 Ave EDMONTON



45+ 1 Division - Competitive
50+ 3 Drafted Divisions
Competitive to Recreational

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Twitter: @daveloken
Web: www.daveloken.com



Youth head injuries during sport and recreation

According to the Alberta Centre for Injury Control and Research, sport-related injury is the leading cause of emergency department visits in Alberta among teens aged 15-19 years.

Concussion is a common sport related injury that often occurs during hockey, football, skiing and snowboarding. A concussion is a brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect hit to the head or body.

After suffering a concussion, a person may experience many different symptoms. These could include, headache, ringing in the ears, nausea and/or vomiting, disorientation, emotional and personality changes, dizziness, poor balance and/or coordination, poor concentration, light sensitivity, irritability, fatigue and sleep complications.

In order to reduce the risk of a concussion, encourage your teen to look first when engaging in a risky activity, such as hockey. Preparation, good sportsmanship and fair play all help to reduce the risk of injury, including concussion.

Teens should also wear the gear, such as a helmet that fits correctly and is secured on the head throughout the sport. Always replace your child's helmet after impact or as instructed by the manufacturer. In high impact sports such as hockey, teens should wear a face and mouth guard. To manage a concussion, encourage your teen to seek help from a coach, teacher or parent immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until it has been approved by their doctor.

Risk is a part of life, and while not all risks can be eliminated, most can be managed. Taking smart risk means recognizing the risks of an activity and choosing to manage risk to prevent injuries. For more information on smart risk visit: <http://www.albertahealthservices.ca/4880.asp>

For more information on concussions go to www.myhealth.alberta.ca.



Looking for something more challenging than swimming lessons? Come try competitive swimming with the Olympian Swim Club. For kids ages **5** and up, of all ability levels. Get professional coaching, have fun, and meet new friends!

FREE ROOKIE CAMP

Clareview Rec Centre | Mar 18th & 20th
3804 139 Avenue, Edmonton
4:00 - 4:45 & 5:00 - 5:45pm

For more information or to register:
Ph: 780-455-8457
minios@olympianswimclub.com
www.olympianswimclub.com

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Be wise at the wheel

During the winter, it's easy to blame vehicular collisions on snow, ice and poor visibility. Rarely do drivers point the finger at themselves. Yet, the truth is, no matter how skilled drivers are, winter or summer, road safety depends largely on their driving attitude. "A lot of people don't think they are part of the problem. They like to blame it on the other guy or the weather," says Sharon Richards of Alberta Motor Association Driver Education.

These tips can help drivers make the right decisions on the road.

Stop tailgating

In 2009 in Alberta, driving too close was the number one reason for crashes involving a death or serious injury. Many drivers may feel they are keeping a safe distance when they're not. "The rule we recommend is one car length for every 10 kilometres per hour of speed," says Rick Gardner, acting director/deputy chief of the Alberta Sheriff Highway Patrol. In icy winter condition the distance needs to be two to three times more.

Slow down

When we get behind the wheel of a car, strangely every minute seems to count and we recklessly disobey speed limits just to get to our destination one minute earlier. The risks of speeding increase during the winter as ice and snow drastically reduce the ability of tires to grip the road. "On icy roads, everything your car does should be slower," says Gardner. "If you try to change lanes too quickly on black ice, or make any quick adjustments, you will lose control."

Plan your route

Before leaving on a trip during the winter, plan your route and give yourself lots of time to reach your destination. Paul Oss, a public affairs officer with Alberta Transportation, also suggests you let someone know where you're going, your planned route, destination and expected time of arrival. Alberta's 511 telephone information line and website have the latest reports and conditions across the province. You can also check AMA Road Reports, at AMARoadReports.ca.

— reprinted from *Apple magazine*

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McLeod Baseball Registration

The McLeod Community League will be taking player registrations for the 2015 Baseball Season at the McLeod Spring Sports Registration Days at the McLeod Community Hall on Wednesday, February 18, 2015 from 6:00 pm to 9:00 pm, Wednesday, March 4, 2015 from 6:00 pm to 9:00 pm and Wednesday, March 11, 2015 from 6:00 pm to 9:00 pm. Please come down and register your child for the great sport of baseball. The 2015 Baseball fees are as follows:

Year of Birth	Category	Fee	Game Nights (May-June)
2010-2011	BlastBall	\$40	Thursdays
2008-2009	Rally Cap	\$75	Tuesdays & Thursdays
2006-2007	Senior Rookie	\$85	Monday & Wednesdays
2004-2005	Mosquito	\$135	Tuesdays & Thursdays
2002-2003	PeeWee \$140		Mondays & Wednesdays
2000-2001	Bantam \$150		Throughout the week
1997-1998-1999	Midget \$150		Throughout the week
2004-2005	Mosquito AA	\$450	To be Announced
2002-2003	PeeWee AA	\$475	To be Announced
2000-2001	Bantam AA	\$500	To be Announced
1997-1998-1999	Midget AA	\$500	To be Announced

Please note that a \$150 Baseball Uniform Deposit (cheque or cash) is required at the time of registration. Your deposit is returned to you at the end of the season when the uniform is returned to the coach.

Blastball, Rally Cap and Senior Rookie Teams play within the Northeast Zone while Mosquito and PeeWee teams compete with teams from across northeast Edmonton, Sherwood Park, Ardrossan and Fort Saskatchewan. Bantam and Midget teams play in the Baseball Alberta Rural and Recreational Baseball League. Players on Mosquito and lower category teams also participate in two skill development clinics. Teams will usually also participate in at least one tournament. Double "AA" teams generally play on weekends throughout Alberta and have a least two practices per week.

The McLeod Community League Baseball Program is affiliated with the Northeast Zone Sports Council Baseball Program. Our program follows the guidelines and standards set by Baseball Alberta and Baseball Canada, focusing on skills development, fair play and the enjoyment of the game of baseball. Coaches are NCCP qualified to the appropriate level and have completed the Respect in Sport module as mandated by Baseball Alberta.

Brad – Baseball Director

McLeod Softball 2015

One way to beat this nasty winter weather is to start thinking about softball!! We are ready, are you? Registration takes place in February, and March at the McLeod Hall or at central registration at the NEZ as follows:

McLeod Registration
Wed, Mar 4 – 6:00 pm to 9:00 pm
Wed., Mar 11 - 6:00 pm to 9:00 pm
at McLeod Hall 14715-59 st

NEZ central Registration
Sun, Mar 13 – 12:00 noon to 3:00 pm
Wed, Mar 23 – 6:30 pm to 8:30 pm
Wed, Mar 30 – 6:30 pm to 8:30 pm
at NEZ building 7515 Borden Park Rd
(behind the tennis courts at Borden Park)

The season starts near the end of April, weather permitting. Parents are required to fulfill one volunteer commitment per player. A deposit is required, in the form of a post-dated cheque, which will be returned once the commitment is fulfilled. A uniform deposit may also be required, also by way of post-dated cheque.

Categories and fees for girls and boys are as follows.

Play nights	Category	Birth Year	Fees
Wed	Nerf (mixed girls and boys)	2011	\$50
Tue – Thur	T-Ball (U6) (mixed girls/boys)	2009-2010	\$70
Mon - Wed	Coach Pitch (U8) (mixed girls/boys)	2007-2008	\$85
Tue – Thur	Mites (U10)	2005-2006	\$100
Mon - Wed	Squirt (U12)	2003-2004	\$120
Tue – Thur	Peewee (U14)	2001-2002	\$125
Mon - Wed	Bantam (U16)	1999-2000	\$130
Tue – Thur	Midget (U18/19)	1996, 1997, 1998	\$135

Returning players, if you forgot to return your uniform to your coach please bring it with you when you register. Any parents interested in coaching or other volunteer assistance with the softball program can contact me directly. Thank you.

Softball Director

Gord Matlock

Ph: 446-7727

Softball@mcleodcommunity.ca

ALL KIDS MEALS

\$6.99

Comes with an activity pack and a create-your-own sundae.

Boston Pizza - Namao 16521 97 St 780-456-5554

Surplus School Site in Miller

While information is still limited, discussion of the Miller Surplus School site is increasing. An update from the City of Edmonton was provided in the beginning of February that was forwarded to Board Members of the McLeod Community League. Here are a couple excerpts: Seniors' Housing in 2015

To continue meeting the need for affordable seniors' housing in Edmonton, the City will prepare three to four sites for future provincial funding by having an open competition and awarding the sites to developers. This is necessary to get the sites "shovel ready" for when new grant funding becomes available from the province. Part of becoming "shovel ready" is to have well-understood architecture and engineering drawings, and the City needs public input for this. A process similar to the one piloted in Sakaw will be used for these sites, with the developer/operator meeting with the community at least three times, and slowly building a common understanding of how the seniors' residence can best fit with the needs of each community. The sites being considered for progressing to the "shovel ready" stage are Caernarvon, Kiniski Gardens North, Miller and Overlanders."

Soil Testing

Soil testing was performed on the Caernarvon and Miller sites. The results indicate that both sites are suitable for development of seniors' housing. Soil testing of all other seniors' housing sites will occur in 2015 to identify as early as possible if there are development challenges that must be addressed."

For those of you who are new to Miller or unfamiliar with this development, the area is 14903 50th Street, which has been declared a surplus school site. When the City acquires an undeveloped surplus school site, City Administration evaluates whether the land can be used in any way that helps fulfil City Council's strategic goals city-wide as well as specific community needs. Examples include the First Place program for first-time homeowners and the initiative to build seniors' housing (City of Edmonton website). The Miller surplus site has been designated for seniors' housing. The development will be constructed only on the land that was originally designated for the school space so there will still be some green space, and the playground will remain.

The City acknowledges there have been some mistakes made in the past with not involving the community that will be affected by the development and they now have multiple meetings that allow for community input. There are no meetings scheduled for Miller yet but we can anticipate them in the future.

At this time, this article is for informational purposes only, but your feedback is welcome. What does your vision of the Seniors' housing include? Zoning dictates that it will be a low rise apartment up to four storeys. Would you want to see all 4 floors for housing or do you envision some retail space on the first floor? What kind of businesses would you like to see? A daycare? A dollarstore? Pharmacy? What kind of landscaping would you like to see? What building materials should be used?

The community of Sakaw in SE Edmonton is currently working through this process. Updates have been kept on the City of Edmonton website (http://www.edmonton.ca/city_government/urban_planning_and_design/sakaw-seniors-housing.aspx). The process with Miller will most likely be similar.

The City of Edmonton does have some information on their site and will continue to add to it. Some links are:
http://www.edmonton.ca/city_government/urban_planning_and_design/surplus-school-building-sites.aspx
http://www.edmonton.ca/city_government/urban_planning_and_design/surplus-school-sites-faq.aspx
http://www.edmonton.ca/city_government/urban_planning_and_design/faq-seniors-housing.aspx

McLeod Rink Use Policy

McLeod maintains two ice rinks during the winter for community enjoyment. The rinks are open to the McLeod community league members, other community league members and the general public. As McLeod pays for the cost of the rink attendant and rink maintenance, we charge a nominal fee to non-community league members to assist in offsetting the operational costs.

Fee: \$2.00 cash per visit payable to the rink attendant

Free: With the purchase of a McLeod Community League single/family membership (cash only) from the rink attendant, you will receive skate tags accordingly. Affix the skate tag to your skates and skating is free for the entire season.

If you are from another community league, please show your current membership and/or your skate tag(s).

If you do not have your community league membership with you, please pay the nominal \$2.00 fee per skater. You will need to ensure you connect with your own community league to get skate tags to avoid paying the fee each time to access our rinks. The rink attendant does not have the discretion to waive the fee.

Receipts are available upon request from the rink attendant.

Access:

1. The BIG rink is for shinny.
2. The SMALL rink is primarily for public skating.
3. The SMALL rink may be partitioned for dual use – shinny and public skating.
4. There is no blanket schedule for either rink.
5. Team practices are not permitted. Rinks are not available for rental.
6. Usage of the rinks is determined on a night-to-night basis by the rink attendant.

Questions about this policy can be directed to president@mcleodcommunityleague.ca.



McLeod Jam Sessions

Are you a musician looking for a place to play? A band to jam with? McLeod is looking to host casual jam sessions on Sunday afternoons at the Hall. If you are interested, please e-mail Jason at Secretary@mcleodcommunityleague.ca

The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspx>) is an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making. As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join.

Why Join?

- Play a part in shaping your City with other engaged citizens
- Provide your views on important topics via the web or your mobile device
- Focus on topics that are important to you and your community
- Learn about exciting initiatives the City is planning
- Access opportunities to participate in workshops of interest
- Engage with the City regularly over a multi-year period

Telephone 780-495-0395

Community League 2014-2015 Memberships

Memberships are sold each year starting in September, and are valid from September 1st to August 31st of the following year. In order to purchase a full membership, you must live within the League's boundaries, which include the communities of McLeod, Casselman, Matt Berry (aka McLeod Park), Hollick-Kenyon, and Miller. If you live outside of the boundaries you may purchase an associate membership, which allows you to access league programs but does not allow you to vote at league meetings.

Membership dues are as follows:

- Family Membership - \$25/year
- Individual Membership - \$15/year
- Associate Membership - \$15/year

A McLeod Community League membership has a number of benefits:

- Access to league sports activities and programs
- Participation in our annual family events, including family dances, children's parties (Halloween and Christmas)
- Free outdoor skating at the McLeod rink (present your membership card at the rink to receive a skate tag)
- Discounts on rentals of the McLeod hall
- Voting rights at all McLeod annual general meetings
- 10% discount at the Telus World of Science
- Discounts on annual or multi-visit passes to City of Edmonton leisure centres
- Discounts at the ATB Financial in Hollick-Kenyon, including FREE personal banking for a year, discounted rates on loans, and a CASH BACK bonus for mortgages
- Free swimming at the following City of Edmonton leisure centres:
 - o Grand Trunk - Fridays 7:00-9:00 pm and Sundays 4:15-5:45 pm
 - o Londonderry - Sundays 4:15-5:45 pm
 - o O'Leary - Saturdays 3:45-5:45 pm (note that O'Leary will be shut down from December 24, 2014 - March 31, 2015)
- Castledowns YMCA has also offered free swimming for members on Sundays from 2:00-4:00 pm

To purchase a membership, please contact Cheryl at membership@mcleodcommunityleague.ca or go here: <http://www.efcl.org/membership>

McLeod Needs Props and Costumes

The McLeod Drama Club is looking for donations of props and costumes. Do you have old items laying around that would help the drama club? If so, please e-mail programs@mcleodcommunityleague.ca

McLeod is Looking for a Local Mural Artist

If you live within the five communities that comprise McLeod Community League and have great artistic skills, submit your concept for a large mural to be painted on the outside wall of McLeod hall to Leanne at president@mcleodcommunityleague.ca. Your idea must incorporate the idea of community and what it means to you.

We are hoping to take advantage of the Community Mural Matching Grant in which the City of Edmonton provides up to \$2,000 matching funds towards a \$4,000 project.

Your Voice in Ward 4



Ward 4 Councillor
Ed Gibbons • 780-496-8138
ed.gibbons@edmonton.ca

Using Neighbourhood Interactive Map

Explore Edmonton using the neighbourhood interactive map. http://edmonton.ca/for_residents/neighbourhoods/neighbourhood-maps.aspx

Find the City amenities - swimming pools, sports fields, parks, playgrounds, golf courses and spray parks - that are in your neighbourhood.

Locate fire stations, police stations and bus stops anywhere in the city.

You can mark your current location or home address with a red pin and search for City amenities within a 0.5km to 10km range.

Type in your address, click on the red pin and get your property assessment and waste collection schedule.

McLeod Needs Contractors - Locksmith, Plumber, Electrician

If you live within the five communities that comprise McLeod Community League and are interested in helping us maintain our facility, please contact Leanne at president@mcleodcommunityleague.ca to be added to our contractors list. Currently we are looking for a local locksmith.

New Outdoor Sign at McLeod



Update on Green Shacks in McLeod

As many of you are aware, the Green Shack program is undergoing some changes, largely due to funding pressures. The City has announced that, for 2015, there will be 189 Green Shack programs. The Green Shacks will run 3.5 hours per day, 5 days per week. There will also be 39 Pop Up Play programs, which will run twice per week at designated parks, as a sort of Green Shack-lite.

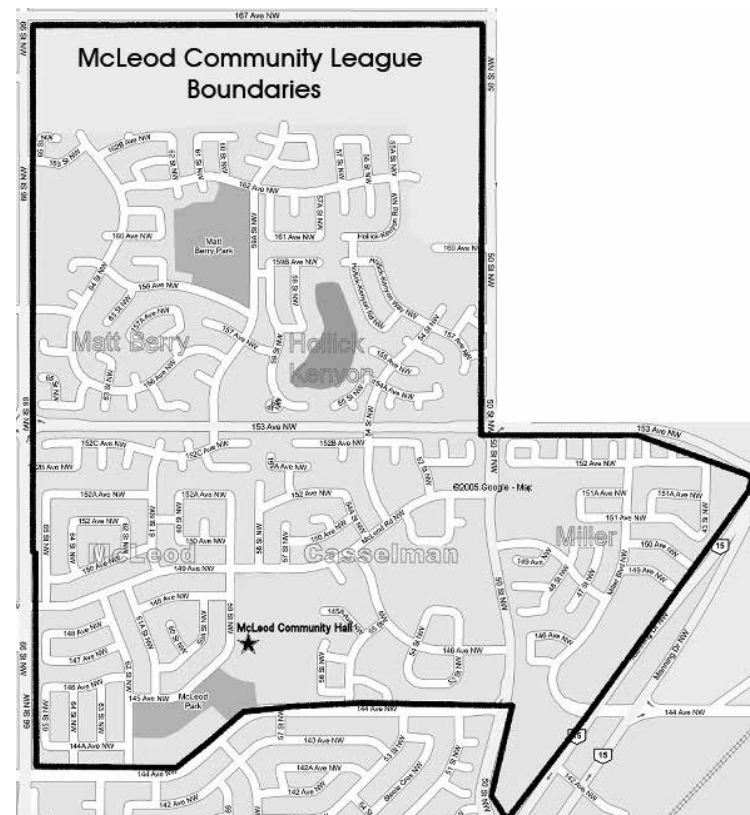
Criteria for determining where Green Shacks and Pop Up Play programs are located include:

- Average attendance rates from 2012-2014
- Demonstrated social need, as per the City's Social Vulnerability Map
- The number and percentage of children ages 5 to 9 in the neighbourhood based on 2014 census data
- If the community has received new playground development within the last two years; and
- Isolation from other programs or providers

We are grateful that all four of McLeod's Green Shacks will return this year. Hollick-Kenyon, Matt Berry, McLeod, and Miller will all have Green Shacks. It remains to be determined whether we will have morning or afternoon programming at each location.

McLeod Community League Boundaries

The McLeod Community League includes the communities of McLeod, Casselman, Matt Berry (aka McLeod Park), Hollick Kenyon, and Miller. These communities are bounded on the North by 167 Avenue, on the South by 144 Avenue, on the East by 50 Street, on the West by 66 Street, and will include, on the North by 153 Avenue, on the South by 144 Avenue, on the West by 66 Street, and on the East by Manning Freeway. (map to be attached to this article)



Dance and Drama Clubs

Ages 7-17
When: Sunday Afternoon
Cost: Free
Dance
Times: 12:30-1:30
Drama
Times: 2:00-4:00 pm

Dance Club

A great way to introduce dance and fitness to children! These fun and exciting classes incorporate all elements of fitness, while building coordination and confidence.

Drama Club

Creativity, Engagement, Excellence and Fun are the four cornerstones of our innovative Drama program. Drama is fun and it improves your child's reading, writing, public speaking, improvisation, team work and social skills! All this happens during a creative process which they LOVE and your family and loved ones can be proud of! Drama clubs combines games, improve with arts and craft activities to make for a fun 2 hours.

Check out the McLeod website to register.

Yoga Classes at McLeod

McLeod is proud to have Blue Mango Yoga as a partner for offering classes at McLeod Hall.

We have the following Classes starting January:
Yoga for Moms and Teens (10 year +) Thursdays from 6:15-7:15
Yoga for Youth (10 years +) Tuesdays from 6:00-7:15
Movement and Meditation Thursdays from 7:30-8:45
Yoga 3-5 year olds Saturdays from 10:00 am - 11:00 am
Yoga 6-9 year olds Saturdays from 11:15 am - 12:15 pm
Yoga 10-15 year olds Saturdays from 12:45 pm - 1:45 pm
Introduction to Meditation Thursday March 5 from 7:00-9:00

Check out our website for more information and to register



Fitness Kickboxing at McLeod

Tuesdays and Thursdays
Times: 7:00 PM-8:00 PM
10 Sessions
Cost: \$75 for non community league members.
\$50 for community league Members
\$10 drop-in fee
Kickboxing has its roots in martial arts and was originally limited to being a full contact sport, but in this new millennium, 98% of participants join strictly for the fitness.
Like boxing classes, fitness kickboxing offers the opportunity to train like a real kickboxer, reaping all the benefits without having to get in the ring. Studies show that a 45-60 minute kickboxing class can burn off 600-800 calories! In addition to the weight loss, you build lean muscle which raises your metabolism burning calories at rest and toning the whole body. The kicking exercises concentrate on the thighs, hips, and buttocks unlike any other workout.
Instructor We are very fortunate to have Master Harry Reid 5th DAN and 6 times Canadian Forces Tae Kwon Do Champion as our fitness instructor.

Steele Heights News

Steele Heights Community League

www.steeleheightscommunity.com

We have approximately 4000 residents within our boundaries which are 66 Street on the West, 144 Avenue on the North, 50 Street on the East, and 137 Avenue on the South. We encompass all of York Neighbourhood and portions of Clareview Towne Centre.

Email us at steeleheightscommunity@gmail.com

Twitter: Follow @SteeleHeightsCL

Facebook: www.facebook.com/steeleheightscommunity

The League is a volunteer organization with Executive Board members and Directors elected annually. Our current board:

Jeff – President, Sports Director & Changeable Copy Sign (contact him directly at jsgokie@hotmail.com)

Heather – Past President & Spray Park Committee Chair

Jon - Vice President

Dinah - Secretary

Cecil G - Treasurer & Area 17 Representative

Denise - Membership Director & Neighbourhood Watch

Gwenna – Facilities Director

Robin - Director at Large

Sherilyn - Director at Large & Spray Park Committee

Cecil P – Director at Large

VACANT- Program & Event Director

VACANT- Newsletter Editor (prepares monthly articles for Northeast Voice)

VACANT- Website Editor (update the website as new information becomes available)

Please e-mail steeleheightscommunity@gmail.com or call (780) 475-3553 with any questions for any of the members of the Steele Heights Community League executive board.

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm

(except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW

Edmonton, AB

• **Mailing Address**

Steele Heights Community League

PO Box 70005 RPO Londonderry

Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25

Individuals / Single Parent Family (0-64 years) - \$20

Senior (65 years+) - \$15

Call 780-475-4188 to purchase a League membership.

Visit our website for details on benefits.

Community Report

The Steele Heights rink is in full swing. Ice conditions are great, as always. Our rink and concession are run by volunteers and we our Ice Apes are in desperate need of assistance. One of our main ice flooding people is out with an injury. If you are willing to help out with the concession for 1 or 2 or 3 hours an evening or if you can help with ice maintenance we want to hear from you. Stop in at the rink and speak with Cecil or Robin, or just show up.

Activity is starting to pick up at the hall. We are starting to be rented on a regular basis for birthday parties, weddings, funerals, there is even a church group. We are in negotiations with some long term renters through the city, which is very exciting. The facility is bright and clean with a professional kitchen and it would be perfect for your next event. We have hourly and daily rental rates and community league members get a discount. Our rental manager is Gwenna. She can be contacted by e-mail at steeleheightscommunity@gmail.com

Our ice is available for rental too, for skating parties or hockey practice. Speak with Robin or Cecil at the rink.

We are looking for an events coordinator to help us develop programs to increase community involvement. One of our goals is to have a safe and inclusive community and to achieve this we need a variety of activities at the hall. If you are interested in volunteering 4 to 5 hours per month, we want to hear from you.

We have been working with the city of Edmonton and York School to repair our parking lot. Extensive drainage work in the park is required, along with a lot of money. This is on our future projects list.

Steele Heights Community League is partnering with Edmonton Police Service to improve security at the hall and the yard. The new exterior lights and tree pruning are only two of the security measures taken to improve visibility and security. EPS is making regular patrols of the parking lot and this is starting to have an impact on the “parkers” at the hall. This new community initiative has resulted in two arrests for outstanding warrants being made in our parking lot, thanks to the outstanding work of our EPS.

We are always open to feedback from our community members. Please contact us at our e-mail steeleheightscommunity@gmail.com or visit our webpage at www.steeleheightscommunity.com or Like us on our facebook page or twitter.

Gwenna Williams and Dinah Watchuk

Outdoor Soccer

Hi everyone

It's that time again to shovel off the 5 feet of snow and get ready for outdoor soccer season.

This year we will have the exciting U6 program with boys and girls playing on the same teams. We will also have the exhilarating U8 program for boys and girls, continuing with the excellent U10 program for boys and girls teams and finishing off with the U12 program which is new. Hopefully Steele Heights can field a team within this age group.

Also this year Steele Heights is excited to announce a new program for older 2 year olds as well as 3 and 4 year olds. This program is replacing the U4 soccer program. This new program will include soccer as well as T-ball and other fun exciting activities and games for the kids to enjoy. This program will allow children the opportunity to experience new sports at the introductory level and the opportunity to experience a coach/adult to teach them the basics of sports and activities.

Steele Heights soccer registration dates :

Sunday March 1st 6pm to 9pm
Sunday March 15th 6pm to 9pm
Sunday March 22nd 6pm to 9pm
Sunday April 5th 6pm to 9pm

All registrations are at the Steele Heights hall: 5825-140 ave.

Cost:

Fun activities program (2,3,4) birth years : 2013,2012,2011 - \$60
U6 birth years 2010,2009 - \$110
U8 birth years 2008,2007 - \$110
U10 birth years 2006,2005 - \$130
U12 birth years 2004,2003 - \$170
U14 birth years 2002,2001 - \$200
U16 birth years 2000,1999 - \$205
U18 birth years 1998,1997 - \$205

*** U14,U16,U18 and maybe U12 players will be transferred to another community league ***

** Each family must have a valid community league membership. If you need one they are \$25 and will be for sale at the registrations **

***Each family will have to complete 1 volunteer commitment. If you can't or don't want to do the commitment you can pay \$125 to buy out the commitment ***

Hope to see everyone shortly at one of the registrations .

Thanks

Jeff Gokiart --- Steele Heights soccer director



Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

DIDO AND AENEAS
BY HENRY PURCELL
WITH LIBRETTO BY NAHUM TATE

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Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges. For more information: 311

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